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INTERNATIONAL STUDENTS’ HANDBOOK

YUSU UNIVERSITY OF YORK STUDENTS’ UNION
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HELLO & WELCOME TO YORK!

My name is Jun Zhang and I am an international student at the University of York. I work for YUSU as a research assistant, specifically advocating for international students at the University.

Moving and studying abroad can be both exciting and daunting, but rest assured that our University and Students’ Union (YUSU) are here to support you through every step. During your time at York, you can immerse yourself in a new culture, make new friends, and gain valuable skills and knowledge that will help you succeed in the future.

In 2022/2023, I worked on the ‘International Student Engagement Research Project’ to better understand the international student experience at York, such as the challenges we face, the support we need, and how the University and YUSU can improve international student life.

During this project, I am pleased to have had the opportunity to host a number of focus groups with many brilliant international students who come from different cultural backgrounds all over the world. What surprised me is that no matter where we come from, we all face very similar challenges in the UK and want to make our voices heard.
heard more and gain a better understanding of each other. This handbook is therefore based on the voices of international students who have contributed to this project and is designed to help you have a smooth start to your student life in the UK.

During your time at York, whether it is culture shock, homesickness, language barriers, economic challenges, health issues, social isolation, or academic differences, you may sometimes encounter many changes and discomfort. This handbook will bring together all the important information and sources of international student support that you may need. I hope that this handbook will provide a useful guide and lead you in the direction you want to go.

Last but not least, remember that as an international student, you and I are not alone. The University of York and the Students’ Union are here to help you settle in and adapt to your student life in the UK. We look forward to getting to know you and helping you achieve your academic and personal goals.

I wish you all the best in your student life at York.

*Special thanks to Aya Hammad, Shareef Fang, and Maz and Maryam (International Students’ Association) for their valuable comments on this handbook.*
COME AND VISIT US
IN THE UNION BUILDING DURING OUR OPENING HOURS!


DURING TERM TIME:
MONDAY–FRIDAY: 10AM–4PM
WEEKENDS AND BANK HOLIDAYS: CLOSED

DURING EASTER BREAK:
MONDAY–FRIDAY: 10AM–3PM
WEEKENDS AND BANK HOLIDAYS: CLOSED
YUSU is your Students’ Union. They run independently from the University and are your go-to for all the fun stuff at university. Whether you’re into sports or are passionate about raising money for charity, want to join loads of societies or write for a student newspaper, they help you make university whatever you want it to be. They also offer a free advice and support service for when you need a bit of extra help and have loads of student jobs on offer so you can make a bit of extra money alongside your studies.

Campaigning on the issues that matter to you is also a huge part of their purpose. Your Sabbatical Officers and Part-Time Officers (PTO’s for short!) are voted in every year by students, to fight for the issues that matter to you most. PTO’s also lead networks to put their ideas into action, so you can be involved from day one.

Every student that studies here automatically becomes a member of the union – free of charge. If you’re a postgraduate, you’ll also be part of the Graduate Students’ Association (yorkgsa.org).

GET IN TOUCH

Come and visit us in the Union building during our opening hours, give us a ring on 01904323724, or send us an email at reception@yusu.org.
1. DRINK TAP WATER IN THE UK

The quality of tap water (cold water) in the UK is among the best in the world, and it is the most popular drink among residents.

Traditionally, hot water is heated and stored in a tank in non-combined hot water systems. As a result, hot water from a water tank is not considered suitable for drinking or cooking. The hot water in the tank is simply not as fresh as the cold water fed directly from the tap.

2. FOOD SHOPPING OPTIONS

There are two Nisa stores based across Campus West and Campus East. However, there are different options for food shopping – some are conveniently located or open for longer hours but are often more expensive.

It is important to do your research to find the right store for your lifestyle. As a start, you may like to know about these popular supermarket chains: Asda, Aldi, Iceland, Lidl, Tesco, Sainsbury’s, Co-op, Morrisons, Waitrose, Marks & Spencer, and many ethnic grocery stores (such as Polish and Eastern European, Indian, Chinese, and
other Asian grocery stores) in York. There are links included to all these shops at the end of this handbook.

You can buy lower-cost own-brand alternatives and take up the shop’s price-matching offers to get the best deal.

3. COLLECT YOUR BIOMETRIC RESIDENCE PERMIT (BRP)

Within 90 days of arriving in the UK, you must collect your BRP from the Post Office in WHSmith on Coney Street in York City centre. Your visa letter will tell you from which date you can collect your BRP. To collect your BRP, you’ll need your passport and visa letter, as well as details of your accommodation address in York.

After collection, you will need to upload a copy of your BRP along with other documents (e.g. your passport and visa details) to e:Vision. Once they have been uploaded, you will be asked to attend a Registration Event so that the University can verify the documentation.
4. REGISTER WITH A GP

To access health care in the UK, you need to register with a doctor / general practitioner (GP) when you arrive.

The health centres closest to campus are Unity Health which has two surgeries – Kimberlow Hill Surgery & Wenlock Terrace Surgery. To register with Unity Health, you need to complete an ‘Online Registration Form’ on their website https://www.unityhealth.info/. After confirming successful registration, you can make an appointment by calling 01904 754900 if you need to see a doctor or nurse.

You may find it hard to get through on the phone to your GP or get an appointment at your preferred time, as Unity Health can sometimes be very busy. Alternatively, you may prefer to search the NHS website (www.nhs.uk/service-search/find-a-gp) for GP surgeries in the area. This may help you to get an appointment more easily. More details about different types of healthcare are available later in this handbook.

5. SET UP A STUDENT BANK ACCOUNT

If you stay in the UK for over a few months, we recommend you open a UK bank account. It’s more convenient to use for rent, tuition, and other daily costs.

Opening an account can take weeks and require you to show your original documents such as passport, BRP, university offer letter, and a Confirmation of Study letter that includes your residential address (this can be requested through e.vision). You still need to check with the bank exactly what documents they need from you.

Make sure to do your own research before deciding which bank you’re going for. You could consider these factors: transfer costs, branch location, annual fees, and how you are protected if things
go wrong. Many banks have branches in York, including HSBC, Lloyds Bank, TSB Bank, Natwest, Barclays, Halifax, and Santander, where you can easily access their services in person.

In addition to traditional banks, Monzo, Starling, Revolut, Wise, and other mobile/digital banks are getting popular among students. They often offer low fees, mobile-first service, and online track records. To open an account, you can simply download their apps and follow the instructions to verify your identity and proof of address.

It is important to note that some mobile banking services set monthly or daily limits on cash withdrawals and payments before applying a charge. As they offer mobile-only banking services, this means they do not have high street branches, so some people use them in conjunction with their more traditional bank accounts.

Cash is always useful, but in some places, including some cafes and food outlets on campus, you can’t pay by cash. You can always use your home country’s bank account, but make sure you double-check the cost of withdrawing money and paying with your debit card in the UK.
6. BEWARE OF SCAMMERS

International students are often targeted by scammers because you are a long way from home, family, and friends. You may be unfamiliar with local laws or not know where to go for help.

Some scammers may phone you and pretend to be from a legitimate organisation (such as the UK Home Office, your home government, or a specialised agent). They may demand money (calling it a “fine” for a non-existent immigration/crime problem) and claim that if you do not pay them quickly, there will be serious consequences (for example, deportation or cancelling your visa).

However, you can learn to recognise scams and protect yourself against them. These are common scamming factors to look out for:

• Someone unexpectedly contacts you.
• Something appears to be too good to be true.
• You are asked for personal information such as passwords.
• You’re under pressure to make a quick decision.
• A text or email contains spelling or grammatical errors.
• The email address looks to be a personal one or doesn’t match the company the sender is claiming they’re from.
• You’ve been asked not to tell your family and friends.
• There are no contact details provided, or if they are, they are a mobile phone number or a PO Box address.
7. TRAVEL BY FOOT, BIKE, OR BUS

Bus travel between campus and York city centre takes about 20 minutes. You can download the ‘First Bus’ App, and you’ll be able to buy and store tickets for the bus on your phone. Buses also accept contactless payment.

As a student you have access to a free shuttle bus between the two campuses, alternatively you can catch the 66/67 buses which run from the York Sport Village on Campus East to the Train Station in the city centre, for a small charge.

Walking or cycling could save you time in the long run, and you’ll avoid queueing for the bus. It’s a 15-minute bike ride or a 30-minute walk from campus to the city centre.

Make sure to always lock your bike in a secure place to prevent it from being stolen. The University’s Bike Doctor offers free basic service checks once a month, and you can purchase bike locks, helmets, and lights at a discounted price from the University by emailing transport-team@york.ac.uk.
8. BRITISH SLANG AND VARIOUS ACCENTS

Before coming to the UK, you may think that British people would communicate with you in a perfect British accent that sounds like the one you got from English lessons. There are nearly 40 dialects in the UK which sound very different and almost every county has a different accent.

You may often find it frustrating to feel like you are relearning a new language. The difficulty is not only in understanding various accents but also in many common phrases and slang words that you have never learned from textbooks.

There are several ways in which you can get used to it. For example, watching British TV shows is a great way to familiarise yourself with the use of English across the UK, as well as the culture and humour. Another way is to have conversations with people from different backgrounds to get a better understanding of various accents. Last but not least, remember it is okay to ask if you don't understand something.
9. MAKE THE MOST OF THE UNIVERSITY’S WEBSITE AND SERVICES

Do you know that most of your questions can be answered by simply searching the University’s website? You can also find support and advice for all students on topics including health, finance, academic progress, accommodation, and what to do if something goes wrong.

Within the University, there is a team of International Student Support Advisers, based in the Student Hub in Market Square – they can help with any questions or issues that affect you as an international student at York.

Whether you live on or off campus, every student at York is a member of one of our 11 colleges. With a team of staff and student volunteers, colleges are your first point of support and guidance. They’re somewhere to foster a sense of belonging upon arrival, make friends and try out new things.

If you require urgent support, please call The Campus Safety Team on the following numbers – General issues: +44 (0)1904 324444; Urgent issues: +44 (0)1904 323333.
Introduce useful information for visa issues, housing, transportation, and other essentials while living in York.
PASSPORT, VISA AND BRP PROBLEMS

If you have any concerns or questions about your Passport, Visa or BRP problems, the International Student Support team at the University can advise you on various matters, such as Student Visas, EU Settlement Scheme, Graduate Visas, BRP Issues, Lost Documents, Leave of Absences, Course Changes and any general student support matters.

SHOW YOUR IMMIGRATION STATUS - WHAT IS A SHARE CODE?

A share code is a code you generate online which you can then share with others, along with your date of birth, so that they can see your immigration status.

As an international student in the UK, you may come across some situations in which you are asked to provide your share code to:

- **Prove your immigration status in general** *(this can be used as evidence of the right to study)*
- **Prove your right to work**
- **Prove your right to rent**

To generate a share code, you need to use the Gov.uk website online service. The share code will typically last between 30 and 90 days. Once you have generated a share code, you can either:

- **Copy it and send it to the person who needs it**
- **Email it to the person who needs it directly through the online system**
HOUSING ISSUES

If you prefer not to live on campus next year or beyond, there are various options off-campus, including private student accommodation available near the University and in the city.

GUARANTOR

As an international student, if you do not have a guarantor in the UK, you may be asked to pay all or some of your rent in advance (*usually between 6 and 12 months’ rent*). If you would like to pay your rent in instalments (*e.g. monthly*), you will need a qualified UK guarantor. If you are going to live in privately managed purpose-built student accommodation (*PBSA*), such as Student Castle, you do not need a guarantor.

Many private landlords and estate agents require tenants to provide a rent guarantor who will be required to pay rent should the tenant fail to do so. To help students without a UK guarantor, the University has partnered with YourGuarantor (www.yourguarantor.com) who will act as a rent guarantor for students living in the private sector – the YourGuarantor guarantee costs a percentage of the value of your tenancy/lease.

BILLS

Most private student accommodations operate on ‘bills included’ within your rent. However, with the cost of living crisis, some landlords are making tenants organise their own bills (*such as water, electricity, gas, and internet*). Your contract should state what you are responsible for.
COUNCIL TAX

If you are living in University accommodation, you don’t have to pay council tax.

If you live in private sector accommodation, and your course is shorter than 24 weeks, you must pay council tax.

If you live in private sector accommodation and you are a registered full-time student, you don’t have to pay council tax but the exemption is not automatic.

You must tell your local council that you are studying full-time online at www.york.gov.uk/StudentDiscount. Failure to do so may result in a court summons and having to pay court costs.
FREE WIFI ON CAMPUS

There are two WIFI networks available on campus – Eduroam and CityConnect.

CityConnect is provided in conjunction with the City of York Council and is available on campus and in the city centre. It’s an open network which can be used by anyone.

Eduroam is the University’s wireless network. As a student, you can use your University User ID to access this free WIFI via your smartphone/tablet/laptop.

How to set up your connection to Eduroam? If you’re on campus, you can connect to the wifi network UoY Setup to run the setup tool. Then you can use the network setup tool by scanning the QR code to connect your device to Eduroam. Once you have set it up, it should connect automatically when you are on campus or close to WIFI hotspots in York’s city centre.

If you’re having problems using WIFI, get in touch with the Library and IT Help Desk in the JB Morrell Library.

Phone: +44 (0)1904 323838. Email: itsupport@york.ac.uk.

TV LICENCE

In the UK, if you watch or record live TV programmes on any channel, or download/watch BBC programmes on iPlayer, you need to pay for a TV licence. If you never do, you don’t need a licence.
POST OFFICE AND DELIVERY SERVICES

You can send postcards, letters, large envelopes, and packages from one country to another country through their international mail service, but also pay bills, rent or top up phone credit, buy transport tickets and more.

You can access a range of delivery options while sending domestic mail. For example, if you want to use Royal Mail’s guaranteed next-day delivery or signature-on-delivery services, you’ll need to visit a post office. In addition, Post offices provide passport applications and renewal services.

Post offices can be found in almost every town and many villages in the UK. Some are stand-alone shops, others are located within other retail stores, including WHSmith. They are easily recognisable by their red oval signs.

ONLINE SHOPPING AND DELIVERY OF FOOD

You can order your goods online from the supermarket’s website or via their apps, or order groceries and essential supplies from online retailers.

There are many delivery food options available in York and you can also use apps to order from some supermarkets, though the selection may be limited.
TRANSPORT IN YORK

It’s easy to get around campus by bus, bike or foot. There are also several other options to get around York.

E-SCOOTERS AND E-BIKES

E-scooters and e-bikes are available to use to shuttle across campus or to travel into the city centre. Supplied and operated across the entire city by TIER, an external supplier, e-scooters and e-bikes cost as little as 18p per minute (£1 to unlock) when travelling to the city centre or across campuses, they’re a quick, easy and sustainable way to travel.

You can use the app (www.tier.app) to access e-scooters and e-bikes, see routes and find where to park. If you are using an e-scooter, you’ll also need to have your driving licence verified.
**DRIVING**

If you have a licence for driving a car, you might still need to complete a Compulsory Basic Training (CBT) course before riding a motorcycle in the UK.

If you’ve got a driving licence from an EU country you can drive in Great Britain for as long as your licence is valid, or until you’re 70. If you’ve got a non-EU driving licence from a designated country or territory, you can drive in Great Britain for 12 months.

If your licence is from a ‘non-designated country or territory’, you can apply for a provisional GB licence after you’ve been resident in the UK for 6 months. You’ll need to take a theory test and a practical driving test to obtain a full licence. Driving licences are issued by the Driver and Vehicle Licensing Authority (DVLA).

**TAXIS**

If you would prefer to use a private transport company, you can book a taxi to your destination. You can book a taxi by calling 01904 65 65 65, booking online via [www.streamlinetaxisyork.co.uk](http://www.streamlinetaxisyork.co.uk) or downloading the app [www.streamlinetaxisyork.co.uk/app-downloads](http://www.streamlinetaxisyork.co.uk/app-downloads). Streamline taxis offer a 10% student discount and you can ask how much the journey will cost in advance.

You can pay for your taxi using cash or bank card and if you book via the app you can pay online.
CAMPUS SAFETY

The University Campus Safety team support everyone who lives and studies at the University, with a 24-hour presence coordinated through the Campus Safety Hub at Market Square on Campus West.

The team are your first response for any security or safety issues – all members of the team are trained in first aid and mental health first aid. For general enquiries, email campus-safety@york.ac.uk.

Emergency or life-threatening situation – Call 999

- Medical emergency - ask for an ambulance
- Ongoing crime - ask for the Police
- Fire or chemical spillage - ask for the Fire Service

Urgent but not life-threatening situation – Call 01904 32 3333

You can also use the Emergency button in the SafeZone app (Download the app on safezoneapp.com). This puts you through to the Campus Safety’s emergency team. Use this for:

- Medical (non-emergency)
- Suspected crimes
- Fire alarm activations

For other security or safety issues – Call 01904 32 4444

You can also use the Information button in the SafeZone app. This puts you through to Campus Safety’s non-emergency team. Use this for:

- General enquiries
- Noise complaints
- Anti-social behaviour
Academic Culture in the UK

**INDEPENDENT STUDY**

Studying in the UK may differ from the way you study at home. Academic activities, such as lectures, seminars and tutorials, may be different and you may find that your course has a considerable amount of independent study time, more than you are used to.

Independent study may include preparation for lectures and seminars, follow-up work, wider reading, practice completion of assessment tasks or revision. Everyone learns at a different rate, so the number of hours will vary from person to person.

Support your academic English, language activities, job applications and employment-relevant visa issues.
**TYPES OF TEACHING**

**LECTURES:** Large group sessions that will introduce you to the main themes of each module.

**SEMINARS:** Small group sessions where you’ll discuss a particular topic, usually based on assigned reading.

**WORKSHOPS:** Practical sessions for project work.

**SUPERVISOR MEETINGS:** A chance to meet with an academic member of staff to talk through your progress, celebrate your achievements and raise any concerns.

**TYPES OF ASSESSMENT**

**ESSAYS** are extended pieces of writing. Essay questions in your earlier years will usually be set by your tutors. As you progress through your course, you’ll have the opportunity to set your own essay questions.

**CLOSED EXAMS** take place within a set time limit (usually a few hours) under closed conditions in the presence of invigilators.

**PRESENTATIONS** are an assessment of how well you can present your ideas or your argument to your coursemates and tutors.

**PODCASTS** assess your ability to work as a team to present your ideas engagingly.
Study platforms, software and laptops

ACCESS YORKSHARE/VLE

For most students, the Virtual Learning Environment (VLE) is the online home of your studies. You might also hear the platform name, ‘Blackboard’.

Make sure you know how to use the VLE when you are doing your study preparation. Each module has its own site run by the lecturer which contains things like:

- Course materials like lecture slides, videos, reading lists, quizzes etc.
- Links to video conferencing tools for real-time online seminars and lectures.
- Interactive tools for discussion and collaborative work.
- Places to submit assignments.

LAPTOP LOANS FROM THE LIBRARY

The Library has laptops available for loan which are set up for wifi and printing and provide access to your personal filestore and Microsoft Office.

Students can borrow a laptop from:

- The Morrell Lounge in the University Library, self-service
- The Library@Piazza on the 2nd floor of the Piazza Building, self-service
- The Library and IT Help Desk in the Morrell Library
- The Help Desk in the King’s Manor Library
FREE/DISCOUNTED SOFTWARE

Software available for students to install, either for free or at a discount, includes the following: ArcGIS, ChemDraw, EndNote, Maple, MATLAB, Microsoft Azure Dev Tools for Teaching, MindGenius, MS Office 365, Nvivo, SPSS, Texthelp Read&Write and EquatIO, and VMWare. You can access the software installation guide through the website: www.york.ac.uk/it-services/software/purchase/students/.

ACADEMIC PROGRESS

Anything that stops you from undertaking your studies in the usual way is officially called an ‘academic progress issue’. This could be, for example, that you have illness or personal difficulties that interfere with you undertaking one or more formal assessments (including examinations) or meeting attendance or progression requirements.

For academic progress issues, you should talk to your supervisor. Alternatively, please contact the Student Hub which is located in Market Square on campus. Tel: 01904 324140, Email: student-hub@york.ac.uk.

ACADEMIC INTEGRITY

As a student, academic integrity is also an essential part of your studies. All students must complete a compulsory online integrity tutorial. You can find the appropriate integrity tutorial in your VLE module list. If you do not have an Integrity Tutorial in your VLE module list, email integrity@york.ac.uk. You can also find out more information about academic integrity at www.york.ac.uk/students/studying/skills/integrity/
**ACADEMIC MISCONDUCT**

Academic misconduct is any kind of cheating or attempt to gain an unfair academic advantage.

Learn more about academic misconduct and how to avoid it in your online integrity tutorial. Not being aware of the types of academic misconduct is not an acceptable defence if your work is investigated for academic misconduct.

If you’re suspected of academic misconduct, you will be able to explain your case in writing or in an interview. Being investigated for possible academic misconduct can be a very stressful experience and can have a significant impact on your studies. You can seek advice from your supervisor, YUSU or the GSA.

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**ACADEMIC SKILLS COMMUNITY**

The Academic Skills Community (ASC) offers a variety of resources, workshops, groups and one-to-one appointments to help advance your academic, language and interpersonal abilities. For more information, you can search the University website, or contact academic-skills-community@york.ac.uk.

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**INTERNATIONAL CONVERSATION AFTERNOONS**

International Conversation Afternoons (ICA online) at the University allow you to improve your speaking and listening skills and meet new people from other cultures. For more information, you can search the University website, or contact cgp-shortcourses@york.ac.uk.
WRITING CENTRE

The Writing Centre at the University offers advice and guidance on academic writing, critical thinking and analysis skills, and developing effective study habits and communication skills.

You can book an appointment online ([yorkalit.targetconnect.net](http://yorkalit.targetconnect.net)) to receive personalised guidance to develop your academic writing. If you can’t find a suitable appointment to book, please email writing-language-skills@york.ac.uk.

MATHS SKILLS CENTRE

The Maths Skills Centre offers advice and guidance on maths topics, statistical concepts and analysis, and preparing for numerical reasoning tests. You can book an appointment online ([yorkalit.targetconnect.net](http://yorkalit.targetconnect.net)) to receive personalised advice. Email: maths-skills-centre@york.ac.uk.
Disability services and related academic support

The University provides comprehensive disability support services to ensure that all students have equal opportunities to succeed academically and participate fully in university life.

You contact the disability services team by email at disabilityservices@york.ac.uk or call +44 (0)1904 324785.

WHAT DOES DISABILITY MEAN?

At university, a disability means any health condition which has lasted or is likely to last, twelve months or more which may harm your studies even if it is fluctuating.

This includes, but is not limited to, long-term health conditions, sensory impairments, mobility difficulties, mental health difficulties (such as anxiety and depression) and autistic spectrum conditions. It also includes specific learning difficulties such as ADHD and dyslexia.
DISABILITY DROP-IN SESSIONS (TERM TIME ONLY)

Got a disability-related question? Visit the library help desk anytime between 12:30–13:30 every Thursday for the chance to chat with one of the University practitioners. Open to all students, you do not need to register or have been registered with Disability Services to attend.

GET EXTRA SUPPORT

If you need academic adjustments or extra support (e.g. note-taking support, alternative format materials, accessible learning spaces, and assistive technology), you will need to provide medical evidence. You can send your disability evidence to disability-evidence@york.ac.uk. You can also send evidence by post. They are based at Sally Baldwin Block B, Wentworth Way.

Once the University has received evidence, a Disability or SpLD Practitioner, or a Student Wellbeing Officer will be in touch with you to complete a Student Support Plan. The Student Support Plan will be shared with your academic department so they are aware of the adjustments you require. Each department also has a disability contact and disability representative, who you may also wish to contact.

ONE-TO-ONE ACADEMIC SUPPORT

The University offers study skills tuition for students with dyslexia or specialist mentoring sessions for students with mental health difficulties or autistic spectrum conditions. These regular one-to-ones outside of your academic department are valuable for many students to stay focused and manage their studies around their difficulties.
THE CAREERS AND PLACEMENTS

Whether you want to find a part-time job during your studies, are looking at options to work in the UK at the end of your course, or are making plans to return home, the University have lots of information and advice specifically for you.

The Careers and Placements at the University offer support during and after your time at York by helping you to apply for jobs, get career ideas, find work experience and develop your skills. The Careers and Placements is located at Harewood Way, University of York. You can contact them via message on Handshake (york.joinhandshake.co.uk/), phone 01904 322685, or email careers@york.ac.uk.

YORK PROFILES AND MENTORS

York Profiles and Mentors is a great way of broadening and deepening your understanding of the diverse range of career paths available to you. Through the real, honest profiles of York graduates, you can connect with one of the York alumni, discuss career options and explore an exciting range of career choices. Visit the website: www.york.ac.uk/services/careers/app/profiles2.
Working during your studies

KNOW YOUR VISA RESTRICTIONS

If you are on a course of six months or longer, you are entitled to work *(paid and unpaid)* during your studies, as long as the wording on your visa *(visa vignette and/or BRP)* does not prohibit it.

If your visa allows you to work, you must abide by the hour limit written on your visa. Not all types of work are permitted, including self-employment and freelance work, as well as working as a professional sportsperson, professional entertainer or involving business activities.

As an international student, you must understand the difference between unpaid voluntary work *(which counts as part of your permitted 20 hours)* and genuine volunteering *(which is the only type of work that does not count towards your 20hrs/week limit)*. A voluntary worker has specific duties and an obligation to perform work, while a volunteer has the flexibility to come and go and will not have set responsibilities.

These rules sometimes are not very straightforward. If you are at all uncertain, contact the International Student Support team and ask for immigration Advice.
VARIOUS TYPES OF WORK IN THE UK

Casual work is work that is usually done part-time for up to 12 weeks at a time. Many University departments hire students for casual work, so you can speak to your department about what casual work opportunities may be available. You can also talk to the University Careers team for information on how to find a part-time job.

An internship is a short period of work, to help you gain relevant skills and experience in the career area you are interested in. You are likely to have specific responsibilities and be doing real work.

Work shadowing is a short period of time spent mainly observing the work of someone in a career area of interest to you, to help you get an insight into what is involved.

Work experience is a broad term which can be used in relation to all of the above activities.

Work placement is a specific period of work, often as part of an academic course, related to what you are learning on your course and what you may want to do in the future. Any work you do in this placement, as long it forms part of your degree course, does not count towards your 20hrs/week limit. If the work placement is not part of your course then it is subject to the regular limit.

Voluntary work is done for a charity, a voluntary organisation, a fundraising body or a statutory body. A voluntary worker has specific duties and an obligation to perform work. You are not paid anything more than appropriate expenses. Voluntary work does count towards your 20hrs/week limit.
STUDENT VOLUNTEERING

If you’re not ready for working during your studies, volunteering is a fantastic way of getting to know York, meeting new people and building your skills. Each year thousands of students at the University of York volunteer and many of these are international students. Roles are available each semester with varying levels of commitment, so you can find an opportunity to suit you and your timetable.

There are many volunteering and other job opportunities available on Handshake (york.joinhandshake.co.uk) as well as YUSU Volunteering Projects (yusu.org/student-life/volunteering). If you have any questions in terms of volunteering, you can email: volunteering@york.ac.uk.

GETTING A NATIONAL INSURANCE (NI) NUMBER

If you are an international student and want to work in the UK you will need to apply for an NI number. Your NI number is a unique personal reference number for your tax/employment affairs – everyone working in the UK needs to have one, issued free of charge.

You are allowed to start work before you receive your NI number, provided you can show an employer you have applied for it. If your employer has not asked for your National Insurance Number, you should check that you are on their payroll, otherwise you risk breaking the visa rules.

To get an NI number you will need to apply online (www.gov.uk/apply-national-insurance-number). After your application, it can take up to 16 weeks for your letter containing your National Insurance number to arrive.
Find out more about healthcare services and take care of your health financially, physically and mentally through the University support, societies and sports you can get involved in.

Credit: Alex Holland
UK HEALTH CARE SYSTEM

If you’re studying in the UK for six months or more (Student Visa holder) and you have paid the Immigration Health Surcharge (IHS) as part of your Student Visa application, entitling you (and any of your dependants) to free NHS care while you are in the UK.

GP (DOCTOR) SURGERY OR HEALTH CENTRE

You need to register with a GP’s Surgery before you receive healthcare services. Most illnesses and health problems can be treated by the GP, but if you need to see a specialist, the GP will refer you to an appropriate hospital department.

Most GP Surgeries and Health Centres provide a range of community health services, such as vaccinations, women’s health clinics, services for parents of young children, family planning, contraception and sexual health.

Normally, you need to phone the GP surgery’s reception to book an appointment in advance within their working hours. Please be aware that even if you do manage to get through to the GP receptionist in an acceptable amount of time, you’ll likely be met with an appointment weeks later.
HOSPITAL

If your GP refers you to a hospital for treatment, you will usually be given an appointment to see a consultant (*specialist doctor*). If you think you need to see a specialist, you should approach your GP first and ask them to refer you.

 Depending on the medical problem, you may be treated as an in-patient (*where you are admitted to a ward and stay there overnight or longer*) or as an out-patient (*where you visit the hospital for an appointment*).

ACCIDENT AND EMERGENCY (A&E) DEPARTMENT

The A&E department in a hospital is open 24 hours a day. If you need urgent treatment for a serious illness or injury, but you are well enough to travel, you should make your own way by bus or taxi to an Accident and Emergency (A&E) department or ask a friend to take you.

If you need immediate medical assistance (*for example, because of an accident*), telephone 999. You will be asked which emergency service you need (*Fire, Police or Ambulance*). For urgent medical assistance ask for the ambulance service. Be ready to tell the emergency services what has happened and exactly where you are, especially the street name.

If you feel unwell or have a minor injury, always consider these options before going to A&E:

- Ring NHS 111 or check the website at [111.nhs.uk](http://111.nhs.uk) – it is a 24 hour helpline for medical help and advice. If you are not sure where to go for your illness or injury, ask them.
- Visit your local pharmacy (*chemist*) – for expert advice on common illnesses and the best medicines to treat them.
- Call your GP (*doctor*).
CULTURE SHOCK AND HOMESICKNESS

Culture shock describes the impact of moving from a familiar culture to one which is unfamiliar. It can affect anyone, including international students. The shock can come from being in a new environment, meeting new people, and learning the customs of a different country. They can relate to climate, food, language, dress, social behaviour, values, etc.

It also includes the shock of being separated from important people in your life, such as family and friends who you would normally talk to and ask for advice and support. The separation may cause you to feel homesick. Homesickness is most common at the start of an academic year, but in some cases, students settle into university life much faster so it can occur after a few months, especially on some holidays such as Christmas when you may not be able to go home like British students.

It is completely normal to have culture shock and it can be a positive learning experience, allowing you to become more aware of your own culture and the new culture you are entering. The UK Council for International Student Affairs provides 5 top tips for coping with culture shock.

• Keep familiar things around you such as photographs or ornaments.
• Find a supplier of familiar food if possible.
• Take regular exercise such as joining a YUSU sports club, which would be a great way to meet people.
• Make friends with international students, whether from your own culture or another, as they will understand what you’re feeling and, if possible, make friends with the local students so you can learn more about each other’s culture.
• Take advantage of the help offered by your college and university.
WHAT IS SEASONAL AFFECTIVE DISORDER (SAD)?

For international students who come from warmer regions, winters in the UK can be particularly isolating. It may take you a year or two to adjust to the darkness and long winters. The NHS estimates that seasonal affective disorder (SAD) affects around two million people in the UK – so you’re not alone.

The symptoms of SAD may include oversleeping, appetite changes (craving for foods high in carbohydrates), weight gain, tiredness or low energy. Some pieces of advice may help you to cope with SAD.

• Be aware of the changes in daylight in the UK. The times for sunrise and sunset in the UK vary enormously between summer and winter. Summer (June to September) has longer days, almost 17 hours, with the longest days in June. In winter (December to March), the days are shorter, with the longest darkness of about 17 hours.

• Stick to a regular sleep schedule, going to bed at the same time and waking up at the same time every day, regardless of the change of seasons.

• During the autumn and winter in the UK, it is important to get vitamin D in your diet as the lack of natural light from the sun, which means our bodies do not produce enough of the vitamin. It is important not only for people suffering from SAD but for everyone.

• Using a SAD lamp regularly and consistently can give your body the bright light it needs during the dark winter months. Some of these lamps can be expensive so if you’re unable to get one, try to make the most of the natural sunlight.

• If you are struggling with the symptoms of SAD, it may be helpful to talk to your GP. If you don’t want to talk to your doctor about how you’re feeling, you can talk to your university mental health team and your support network as well.
THE UNIVERSITY’S MENTAL HEALTH SUPPORT

Each college has College Life Coordinators and Advisers to provide confidential pastoral care. They are a team of trained students who live in college and help resolve issues or point you to specialists. Whether you are an on-campus resident or not, your college is ready to listen.

Open Door is a team of Mental Health Practitioners and Student Wellbeing Officers providing support to students experiencing psychological or mental health difficulties. To make an appointment with Open Door, you need to complete the Open Door referral form on the University website. If you are unable to complete the form, you can also email opendoor@york.ac.uk or telephone +44 (0)1904 322140.

Alternatively, you can talk to other students online from around the world through the TalkCampus app. It is 24/7 instant, free support for student mental health.
URGENT MENTAL HEALTH SUPPORT

If you are feeling low, sad or worried but are not experiencing a mental health crisis, seek help from the University’s mental health support services. However, if you are in a mental health emergency, many other options offer out-of-hours mental health support.

NHS CRISIS SERVICE YORK: 0800 0516 171

The phone line is open 24/7 for people living in County Durham, Darlington, Teesside, North Yorkshire and York.

YORK HOSPITAL ACCIDENT AND EMERGENCY: +44(0)1904 631313

Trained to deal with mental health crises and can access specialist support 24/7.

YORK SAFE HAVEN: 07483 141 310

Drop-in Monday–Friday 6pm to 10pm or Saturday–Sunday 12pm to 10pm. No appointment is needed. Offers information and emotional support in a welcoming, safe, comfortable, non-judgmental and non-clinical environment. Address: 30 Clarence Street, York, YO31 7EW (Opposite the Union Terrace Coach Park, next to York St. John University).

SAMARITANS: 116 123

Someone to talk to in confidence 24 hours a day, seven days a week.

SHOUT: TEXT 85258

Shout is a 24/7 free text service for support in a crisis. It’s free on all major mobile networks to text that number.
CALM: 0800 58 58 58

The Campaign Against Living Miserably (CALM) is especially aimed at males who may be experiencing isolation and low mood. Contact them between 5pm and midnight on their helpline or use the chat service (www.thecalmzone.net)

HOPELINE: 0800 068 4141

Hopeline is a confidential support and advice service for people under 35 who are experiencing thoughts of suicide or anyone concerned that a young person could be thinking about suicide.

SELF-CERTIFICATION OF ILLNESS (SICK LEAVE)

If you’re ill during term time, please notify the University via your e:Vision account (in the “Your Support” section). You can self-certify for a maximum of ten days in any one academic year, with a maximum of seven days for any one period of illness.

This process should only be used if you are unwell. It should not be used for recording planned absences or planned medical appointments. If you’re in any doubt as to whether you may self-certify for a particular period of illness, please discuss this with your supervisor or the Student Hub.

When illness might affect your performance in assessments, you may be able to apply for exceptional circumstances affecting assessment.
Financial well-being: Budgeting, saving and funding

Financial well-being is having a sense of security and feeling that you have enough money to meet your needs. It’s being in control of your day-to-day finances and having the financial freedom to make choices to enjoy life.

Learn how to make your own budget

The University has partnered with Blackbullion (www.blackbullion.com), which offers specialised support to students in all areas of financial education and aims to help students develop financial confidence, knowledge and skills. It’s quick, simple and free to create an account to access the range of resources available.

Sign up for student discounts

TOTUM (www.totum.com) – Supported by the National Union of Students and the UK’s number one student discount card, TOTUM gives you deals on eating out, fashion, travel, fitness and more. A basic TOTUM student digital card is free, but if you can also pay for TOTUM Pro which costs £14.99 for a year with a complete range of discounts.

UNiDAYS (www.myunidays.com) – Signing up to UNiDAYS is completely free. You will need your academic email address to create an account and then apply the various discount codes to websites at the checkout. It offers student discounts in food & drink, fashion, technology products, beauty, health & fitness and more.

Student Beans (www.studentbeans.com/uk) – It is also free to gain access to a wide range of discounts. It is similar to UNiDAYS but offers slightly different discounts.
Check if you are eligible for any scholarships

A university scholarship is a non-repayable financial award usually given to students following a competitive application process. They can also be awarded based on outstanding academic achievements or extra-curricular activities.

There are scholarships offered by the University as well as from external sources (www.york.ac.uk/students/finance/bursaries-scholarships/scholarships). In addition, we recommend that you contact your academic departmental office for information on any additional scholarships being run independently within your department.

Postgraduate research students can also find opportunities for funding and awards on Research Professional (www.researchprofessional.com), Foreign Students (www.foreignstudents.com/universities/scholarships), or The Alternative Guide to Postgraduate Funding (www.postgraduate-funding.com).
Physical well-being: Keep fit and make friends

Sport and physical activity have a massive role to play in improving the health and well-being of our entire university community.

YUSU supports more than 60 university sports. Many of the sports clubs offer the chance to compete in BUCS (British University College Sport) representing the University of York across the country against other Universities. For more information, search the YUSU website (yusu.org/student-life/clubs-and-soсs) or contact sportpresident@yusu.org.

If you’re new to sports or don’t fancy university-level competition, college sports offer a great way to make friends and keep fit. Every week, colleges compete in over 20 sporting leagues. Regular training and coaching are available for all team members, from beginners to seasoned pros, meaning that you can take part in whatever your sporting ability. For more information, contact your college or visit the website – college-sport.yusu.org.

If you prefer going to gyms and exercise studios, you can join York Sport Centre on Campus West, or York Sport Village on Campus East by purchasing their memberships. For more information, visit the website – www.york-sport.com.
BE PART OF A STUDENT-RUN SOCIETY

YUSU has over 200 student-run societies for you to get involved in. Societies are run by students who plan activities around shared interests, hobbies, religions, nationalities and cultures. For more information, you can visit this website: yusu.org/student-life/clubs-and-socs or contact activitiesofficer@yusu.org.

Joining a society is a fantastic way to meet new people, indulge your existing passions, or try something completely new. You don’t have to be an expert to join – it’s all about new experiences, making friends and having fun.

EXPLORE YOUR COLLEGE ACTIVITIES

Attending college events is a great way to meet new people, get involved in the college community, and create lasting memories during your time at the University of York.

College events can range from social gatherings, such as international students’ mixers, movie nights, and Mario cart competitions, to cultural celebrations, and academic workshops. They provide opportunities for students to socialise, network, explore their interests, and enhance their overall college experience.
Shape your international students’ community

There are multiple channels for international students to shape the university’s environment to more inclusive and welcoming, such as Student Expert Panel (www.york.ac.uk/about/organisation/governance/student-expert-panel), International Students’ Association (yusu.org/your-voice/network/international), LGBTQ+ Network (yusu.org/your-voice/network/lgbtq), BAME Network (yusu.org/your-voice/network/bame), and YorWorld Community Facebook Group, where international students of different backgrounds, nationalities, and levels of study can connect and share your thoughts.

Faith and Religious activities at York

The University aims to foster an academic community which balances freedom of worship, freedom of speech and its duties. It offers several faith contacts that you can get in contact with (www.york.ac.uk/students/support/faith/contacts).

The University provides many dedicated spaces for prayer and reflection on campus.

Multifaith prayer rooms

Multi-faith facilities are available at the University and are designated for spiritual/religious activities such as individual or group worship, quiet contemplation, reflection, meditation or prayer.

Wentworth College Prayer Room: Located in Wentworth College (W/029). To obtain access staff and students must present identification at Wentworth College reception (weekdays only).

Church Lane Building: Located within the Church Lane Building on the ground floor (CL/A/055), the well-being room is (CL/A056). Access can be arranged via the Reception Desk of the building.
**Ron Cooke Hub Prayer Room:** Located on the second floor of the Ron Cooke Building. To obtain access staff and students must present identification at reception. The room can be accessed at any time the building is open; reception staff can provide directions (24 hours).

**The Quiet Place:** Located between Derwent College and Heslington Hall, the Quiet Place is a resource for all members of the University community for quiet reflection or prayer. Comprises an upper room for groups to use and an enclosed garden and ground floor room for individuals. To obtain access staff and students must present identification at Derwent College reception.

**More House Chapel**

More House is the Catholic Chaplaincy for the University and is located on Heslington Lane to the south of Campus West between Spring Lane and Halifax College. On the ground floor of More House, a simple prayerful chapel is open from 9.30am to 5pm each weekday during term and is available to students of all faiths and none as a place of reflection and prayer.

**Jewish prayer room**

There is a dedicated facility (*Hillel Room*) for Jewish members of the University which is managed by the Jewish Society. Please email jewish@yusu.org for further details.
Islamic prayer room

Located on the ground floor of the Seebohm Rowntree Building in Alcuin College. To use this room, please fill out the access form. After sending your request, you will need to visit Alcuin College reception to activate your student card. Jum’ah Prayer is held there every Friday during term time. For more information, join the Islamic Society. Email: islamicsociety@yusu.org. Website: yusu.org/activities/view/islamic-society.

York Mosque and Islamic Centre

York has a mosque located on Bull Lane, York YO10 3EN. It offers prayer spaces, publishes local prayer times, halaqas and community engagement. Website: www.yorkmosque.com.

*All students and staff must respect other users and to ensure the environment remains welcoming to people of all faiths and beliefs, and for those who do not adhere to a religious faith.

If you have compliments, concerns or complaints about any of the Faith Contacts or Groups please contact academic.registrar@york.ac.uk or the Equality and Diversity team equality@york.ac.uk.
Depending on how long you will be staying in the country, you may have enough time to explore the beauty and culture in the UK while studying. In terms of travel options, many international students find public transport helpful, efficient and budget-friendly.
GET A STUDENT DISCOUNT RAILCARD

Are you applying for a Railcard? It is designed to help those who travel by train around three or more times a year get a good discount when purchasing train tickets. At a cost of just £30 a year for a Railcard, you will easily earn your money back if you spend more than £90 on train fares in a year. For students who are eligible to apply for a railcard, we are now able to electronically stamp and sign PDF railcard forms if you apply for a railcard online (as an alternative to using the paper railcard form). Please email your completed form to student-hub@york.ac.uk.

TRAVEL BY COACHES

If you would like to travel within the UK but do not want to spend too much, you may like to choose coaches. Coaches run by National Express or Megabus are usually cheaper than trains but will take significantly longer to reach destinations. Note any restrictions on the amount of baggage you can take with you.
BRITISH DRINKING CULTURE

The legal age for people to be allowed to drink alcohol in the UK is 18 years old. The UK’s drinking culture is an important part of socialising with friends. They love to get together in pubs for whatever purpose. A lot of British social activities and societies are likely to involve a pub crawl.

Normally, you can find draught beer, lager, ale, bitter, and spirits nearly in every pub in England. Don’t expect someone to come and take your order from you in a pub. Most pubs are hectic, especially on weekends. Therefore, you have to approach the bar and get what you want.

If you’re not as used to drinking as much as your British friends, going out with a large group of people can lead to a pretty bad hangover the next day. If you don’t like to drink too much, you can choose to stop drinking and go home, or switch to soft drinks such as soda or juice.

BRITISH PUB QUIZ

There is a long tradition of holding pub quizzes in the UK. Founded in the 1970s, pub quizzes were established to bring people in for a drink on quieter nights.

Traditionally, the quiz covers a range of topics including sports, entertainment, puzzles, etc. Most quizzes have a limited number of team members, each round is differentiated by category or theme, and prizes are offered to the winning team.
BRITISH TEA CULTURE

In the UK, when people refer to tea they almost always mean English Breakfast Tea, a hot black tea, usually with milk, sometimes with sugar. It is no secret that British people love to drink tea, not only for breakfast, but also during their work breaks, when the neighbours visit, during a meeting, and more. In general, it’s the perfect way to make friends and keep up with the latest gossip.

SAYING PLEASE, THANK YOU, OR SORRY

You might be surprised at the number of times British people say ‘please’, ‘thank you’, or ‘sorry’ in everyday life. In particular, saying ‘sorry’ is an automatic response for most British people, whether they are in the wrong or not. For someone who is not British, it can be confusing. For example, people in a corridor walk past each other and whisper ‘sorry’ at the same time, even though there is enough room for them both to pass.

British people take pride in their politeness and use sorry as a way of showing good manners and courtesy. There is a high expectation of politeness in the UK, so regardless of who you are talking to, politeness is always appreciated.
**BRITISH WEATHER**

The UK has a poor reputation for its weather. You might find the weather in the UK is usually not too hot in summer or not too cold in winter. Although the UK does not face many extreme weather conditions, it does face a wide range of conditions regularly.

British people like to chat about what’s happening with the weather. Because the weather in the UK can be unpredictable and conditions often change from one day to the next, which may include rain, drizzle, fog, wind, hail, sleet and even occasional sunshine, no matter what the season.

**BANK HOLIDAYS**

In the UK, people usually have about eight bank holidays a year. The bank holidays can be on different days every year. In some special occasions, extra bank holidays may be added such as to celebrate the King’s coronation.

Normally, students in the UK will not have classes on a bank holiday and university staff will be off, even though some facilities on campus will be available. This allows students to unwind and take a break.

People typically treat bank holidays as an unofficial commerce festival, so shopping malls are a popular destination for families and students. Day trips to museums, galleries, and recreational facilities can also be crowded.
PANCAKE DAY (SHROVE TUESDAY)

It is the traditional feast day before the start of Lent on Ash Wednesday, a time when people remember that Jesus spent 40 days in the desert fasting and resisting temptation. The day before Ash Wednesday, known by many as “Shrove Tuesday”, is a chance to feast on pancakes.

Essentially, Pancake Day developed out of the practical need to use up all the eggs, butter, milk or other animal products in the house before the start of Lent.

Pancake Day always falls 47 days before Easter Sunday and so every year the date moves between February and the beginning of March.

BONFIRE NIGHT

In the UK, Bonfire Night (or Guy Fawkes Night) is celebrated on 5 November and it’s a special day in honour of a historic event. Some people have a small bonfire in their garden at night, while in main towns and cities, there are big bonfires and firework displays. The fireworks are a reminder of the gunpowder that Guy Fawkes hid in the cellar of Parliament.
CHRISTMAS TRADITIONS

Most people in the UK celebrate Christmas, even if they are not religious. There will be Christmas trees, presents, carol singing, mulled wine (warm, spiced red wine), and mince pies (small pies with a sweet fruit filling). The traditional Christmas dinner is a whole roast turkey with roast potatoes, vegetables, gravy and Christmas pudding for dessert (a steamed sponge pudding with dried fruit) – but each family has its own variations.

In addition to a feast, crackers are a British Christmas tradition. A Christmas Cracker is a cardboard paper tube wrapped in coloured paper and twisted at both ends. Each person takes the end of the cracker and pulls. Or if there is a group around the table, everyone crosses their arms to pull all the crackers at once. Inside the cracker there is a paper crown made from tissue paper, a motto or joke on a slip of paper and a little gift.
YORK ICE TRAIL

Dates: Around late Winter/early Spring

Website: [https://www.visityork.org/york-ice-trail](https://www.visityork.org/york-ice-trail)

It is the UK’s biggest outdoor Ice Trail, showcasing a range of magnificent ice sculptures in the city centre.

JORVIK VIKING FESTIVAL

Dates: February

Website: [https://jorvikvikingfestival.co.uk/](https://jorvikvikingfestival.co.uk/)

It is an annual city-wide celebration of York’s rich Viking heritage. Every year the festival hosts events including expert talks, re-enactments, family events, crafting, trader fairs and more.

YORK RESTAURANT WEEK

Dates: The second week of March

Website: [https://yorkrestaurantweek.co.uk/](https://yorkrestaurantweek.co.uk/)

For a whole week, restaurants, cafés, pubs, bars, hotels, and street food vendors in York city centre will be offering a huge variety of deals on dining experiences.
YORK FESTIVAL OF IDEAS

Dates: June
Website: https://yorkfestivalofideas.com/

Featuring world-class speakers, exhibitions, theatre, music, films, guided walks, family-friendly activities, and much more. York Festival of Ideas offers a huge range of stimulating and diverse events for all ages and interests - most of them for free. Events take place at venues throughout the city as well as online.

YORK PRIDE

Dates: June
Website: https://yorkpride.org.uk/

York Pride is an annual event for the people of York and North Yorkshire to celebrate the diversity of the LGBTQ+ community in a context of entertainment, inclusivity and fun. The event increases the visibility of the LGBTQ+ community in York and provides an opportunity to draw attention to important LGBTQ+ issues. Every year, hundreds of people march to York Racecourse for a huge outdoor Pride celebration, including market stalls and diverse live performances.

YORK FOOD AND DRINK FESTIVAL

Dates: A 10-day festival at the end of September
Website: https://www.yorkfoodfestival.com/

The York Food & Drink Festival is an annual event that celebrates the local food and drink culture of the city. It offers a range of exciting activities, including chef demonstrations, free cookery workshops, markets, fringe events, taste trails, and a cookie tour.
**YORK CHRISTMAS MARKET (ST NICHOLAS’ FAIR)**

**Dates:** December

**Website:** https://www.visityork.org/christmas

St Nicholas’ Fair has become an iconic part of the York Christmas festival, which includes the Christmas market itself, and many other traditional Christmas activities. The Christmas market sells an array of festive fare, from food and drink to handmade arts, crafts and gifts, with carol singers and buskers creating the perfect Christmassy atmosphere that can be heard from miles around.

**The University and Student events**

There are all sorts of events from comedy nights to art exhibitions, taking place in and around campus throughout the year. You can even organise your own events.

**YUSU events calendar:** https://yusu.org/events

**Concerts:** https://yorkconcerts.co.uk/

**York Student Cinema:** http://www.yorkstudentcinema.org/
When you’re communicating with British people, you may come across some slang words that you can’t understand. Here is a list of commonly used British slang. Please let yourself loosen up and have fun learning these words and phrases! But remember that they are only for informal everyday conversations and do not use them in your academic studies or other formal settings.
A CUPPA
A cuppa is the shortened version of “a cup of tea.”

“fancy a cuppa?” It means “Would you like a cup of tea.”

BLOODY
As British slang, “bloody” places emphasis on a comment or another word. It is regarded as a mild expletive (swear word) but due to its common usage, it is generally acceptable.

“That’s bloody brilliant!”
“Oh bloody hell!”

CHEERS
A casual way of saying thank you.

“I’ll make us a cuppa.”
“Cheers.”

DODGY
If you say that something is dodgy, you mean that it seems rather risky, dangerous, or unreliable.

“The couple lost their life savings in some dodgy investments.”

EASY PEASY, LEMON SQUEEZY
A fun and childish way of expressing something is easy to do or understand.

“That homework assignment was easy peasy, lemon squeezy.”

FANCY
It is used as a verb to show a desire for something or someone.

“I really fancy her” is a profession of a love interest, but you could also ask someone: “Do you fancy some lunch?”

GUTTED
Extremely disappointed, upset, frustrated, etc.

“We were absolutely gutted to find out that our favourite Italian restaurant is closing.”
**HAVE A GOOD ONE**
It’s the same meaning as “Have a good day”, “Have a nice day”, “Enjoy your day”.

“Have a good one.” “You too.”

**INNIT**
It’s the shortened and easier version of “isn’t it?” It’s seen as a general filler in a conversation or when seeking confirmation.

“It’s a lovely day, innit?”

**JIFFY**
A short period of time.

“If you’re cooking dinner I’ll be there in a jiffy.”

**KNACKERED**
Describes someone who is exhausted.

“After working so hard today, I’m knackered.”

**LOO**
A toilet.

“I’m just popping to the loo.”

**MENTAL**
Absolutely crazy or stupid.

“You’d be mental to spend so much money on a dress.”

**NUTS**
It’s a slang word for insane and an expression of disappointment, contempt, refusal, or defiance. It also means that someone is extremely fond (of) or enthusiastic (about someone/something).

“That noise is driving me nuts!”

“He’s absolutely nuts about her.”

**ON THE LASH**
Out drinking socially; usually involving heavy alcohol consumption.

“We went out on the lash last night.”
**PINT**
A beer. Beer is drunk in pints in the UK. (1 pint = 568 ml)

“What would you like to drink?”
“I would like a pint, please.”

**QUID**
A word for the British pound sterling, or the British pound (GBP), the currency of the UK.

“One quid equals 100 P(pence).”

**RINSED**
A slang to thoroughly defeat in an argument, fight or other competition. It can also be used in the context of when someone pays over the odds for something.

“I can’t believe how badly he got rinsed last week.”

**SALTY**
Being salty is when you are angry, petty or upset about something not important.

“She was salty because I didn’t go with her to the party.”

**TAKing THE PISS**
The act of mocking or joking at the expense of others.

“He did nothing but take the piss out of everybody, so in the end we had to ask him to leave.”

**UP FOR IT**
Slang for being enthusiastic/willing to participate.

“I would like to meet new people, so I’m up for the social event tonight.”

**VEG /VEGGIE**
It is an abbreviation for ‘vegetables’. It is also a shortened version of vegetarian.

“Do you want to go to the Steak Hut?” “No, I’m veggie, I don’t eat animals.”

**WONKY**
It is a word for shaky or unstable. You can use it to refer to a person or an object.

“This chair has a wonky leg.”
XX

X at the end of a message stands for hugs or kisses. It is added to be friendly, which doesn’t mean that much unless they put lots of xxx.

x (Normal friends)

xx (Close friends)

xxx (Family or romantic interest)

“Thanks for the meal x”

YEET

To throw something with a lot of force.

“He just grabbed my phone and yeeted it into the river.”

ZONKED

Extremely tired.

“We were really zonked (out) after our long journey.”
SHOPPING FOR FOOD

- **NISA** - They offer home goods, a slush machine and a Smokin’ Bean coffee machine. It’s convenient when you’re on campus and just want to grab a quick little something.

- **THE CO-OP** - It has high ethical standards with an entire range that is responsibly sourced (e.g. without artificial flavours or colourings) and hot drinks are Fairtrade certified. A co-op and totum membership will get you 10% off combined.

- **ALDI** - It has been named the cheapest supermarket in the UK.

- **LIDL** - It’s one of the cheapest supermarkets in the UK.

- **ASDA** - It has consistently low prices across the range and the scope of products is bigger than Aldi or Lidl.

- **ICELAND** - One of the best ways to save money is to buy frozen food (like frozen vegetables or meat).

- **TESCO** - It offers discounted prices for Club Card members. It’s a place to grab a cheap ready-made meal and meal deals.

- **SAINSBURY’S** - It offers a ‘Nectar Card’ which is a great way to save money on seasonal offers and selected groceries.
• **MORRISONS** – It has a world food aisle which features food from different parts of the world.

• **WAITROSE** – One of the more expensive supermarkets in the UK, but it offers a variety of fancy selections.

• **MARKS & SPENCER** – It is a premium supermarket but with expense comes higher quality.

• **MAKKAH INTERNATIONAL FOOD** – Halal Arabic, Turkish, Asian and English food

• **POLSKI SKLEP IZA** – Polish and Eastern European food

• **ORIENTAL EXPRESS** – Chinese, Japanese, Thai, Malaysian, Singaporean and Korean food

• **RED CHILLI SUPERMARKET** – Asian groceries

• **RAFI’S SPICE BOX** – Indian food

• **SHAMBLES MARKET** – It is a great place to buy fresh fish, meat, vegetables, fruit, cheeses and herbs.

 اﻷقسام الطبية

• **HOSPITAL**

• **YORK HOSPITAL**

• **GP SURGERY**

• **UNITY HEALTH** – Wenlock Terrace

• **UNITY HEALTH** – Kimberlow Hill Surgery

• **JORVIK GILLYGATE PRACTICE**

• **YORK MEDICAL GROUP, ACOMB**

• **PRIORY MEDICAL GROUP**

• **PARK VIEW SURGERY**

• **TANG HALL LANE SURGERY**

• **FULFORD SURGERY**

• **CLEMENTHORPE HEALTH CENTRE**

• **EAST PARADE MEDICAL PRACTICE**

• **JORVIK GILLYGATE PRACTICE, SOUTH BANK SURGERY**
• HEWORTH GREEN SURGERY
• YORK MEDICAL GROUP, MONKGAITE
• YORK MEDICAL GROUP, YORK ST JOHN UNIVERSITY
• DALTON TERRACE SURGERY
• YORK MEDICAL GROUP, 32 CLIFTON
• VICTORIA WAY SURGERY

• YORK MEDICAL GROUP, WATER LANE
• THE BISHOPTHORPE SURGERY
• RAWCLIFFE SURGERY
• LAVENDER GROVE SURGERY
• YORSEXUAL HEALTH CLINIC – MONKGAITE

PHARMACY

• WHITWORTH PHARMACY
• FULFORD – The Pharmacy Group

BANK

• HSBC
• LLOYDS BANK
• TSB BANK
• NATWEST

• CITYWIDE HEALTH – Bishopthorpe Road Pharmacy
• BOOTS PHARMACY

• BARCLAYS BANK
• HALIFAX
• SANTANDER

POST OFFICE

• HESLINGTON POST OFFICE
• TANG HALL LANE POST OFFICE (IN CO-OP)
• WALMGATE BAR POST OFFICE

• MICKLEGATE POST OFFICE
• YORK POST OFFICE (IN WHSMITH)
• MARKET PLACE POST OFFICE
LIBRARY

- JB MORRELL LIBRARY
- KING’S MANOR LIBRARY
- YORK EXPLORE LIBRARY AND ARCHIVE
- TANG HALL EXPLORE LIBRARY
- YORK MINSTER LIBRARY
- ACOMB EXPLORE LIBRARY

RESTAURANTS

EAST ASIA

- Ippuku tea house – Japanese restaurant and tea house
- Ipfu – Japanese restaurant
- Yuzu – Japanese street food
- Shiitakeya – Japanese restaurant
- Red Chilli – Chinese restaurant
- Hong Kong Chop House – Chinese restaurant
- Shi Shang – Chinese restaurant
- Upper River Restaurant – Hong Kong-style restaurant
- The Orchid – vegan Chinese restaurant
- Oshibi – Korean Bistro and BBQ
- Little Asia – Korean restaurant

SOUTH ASIA/SOUTHEAST ASIA

- The Yak and Yeti – Nepalese restaurant
- Everest – Nepalese restaurant
- Masala Craft – Indian restaurant
- The Raj – Indian restaurant
- Kalpakavadi – South Indian restaurant
- Coconut Lagoon – South Indian restaurant
- Tah Tien – Thai restaurant
- Mommy Thai – Thai restaurant
- Côtô Kitchen – Vietnamese restaurant
MIDDLE EAST/AFRICAN
• Middle Feast – Falafel bar
• Yemen Heaven– Yemeni restaurant and coffee house
• Almaz – Middle Eastern restaurant
• Los Moros – North African restaurant
• Karoo Bar – South African restaurant

CARIBBEAN/LATIN AMERICA
• Mai’s Caribbean cuisine– Caribbean takeaway
• Casa Rodizio– Brazilian restaurant
• El Rayo Cantina @ Spark York– vegan Mexican restaurant
• Tricolor @ Spark York– Colombian restaurant
• Mexicano York– Mexican restaurant

Useful Reference and Links:
• The University Support (www.york.ac.uk/students/support/international)
• Online Campus map (www.york.ac.uk/map)
• UKCISA (www.ukcisa.org.uk)
• Study in the UK (www.studying-in-uk.org)
• Save the Student (www.urbandictionary.com)
• NHS 111 online (111.nhs.uk)
• MyUoY (Google/Apple Store)
• Visit York (www.visityork.org)